



ADOLESCENT HEALTH AND RECOVERY  
TREATMENT & TRAINING (AHARTT)

# UK PSYCHIATRY CLINIC FOR ADOLESCENT SUBSTANCE ABUSE

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## THErapy USING EVIDENCE BASED INTERVENTIONS:

- **FUNCTIONAL FAMILY THERAPY (FFT)** is a family intervention appropriate for adolescents with substance abuse disorders and their families
- **ENCOMPASS COGNITIVE BEHAVIORAL THERAPY (CBT+)** is a combination of motivational enhancement and cognitive behavioral therapies for adolescents with substance abuse disorders

*Both therapies are appropriate for adolescents with co-occurring mental health or behavioral concerns (depression, anxiety, ADHD, conduct disorder, oppositional defiant disorder, PTSD) and work well for adolescents court-ordered to attend treatment*

## CONTINGENCY MANAGEMENT:

- **REWARDS** are provided to the adolescent for attending therapy appointments and providing negative drug screens

## PSYCHIATRIC ASSESSMENT AND MEDICATION MANAGEMENT:

- As indicated, psychiatric assessment, recommendations for medications and medication follow-up may be part of the treatment package

*AHARTT (Adolescents Health & Recovery Treatment & Training) is a project of the University of Kentucky Department of Psychiatry with funding from Kentucky Kids Recovery Funds.*

***To make a referral or for more information call:***

**859-257-9341**